

Roommate trouble? Call an expert

By Rachel Bouffard

No matter where they go to school or even what their major is, there is one experience that almost all college students have: a disagreement with a roommate. It is just as common at Fitchburg State College as it is at any other college.

Just how common is it at FSC? Paige Swarbrick, 20, a Resident Assistant (RA) in Aubuchon, says that residents come to her with roommate problems "every day."

Luckily for students, their RAs are trained in ways to deal with issues between roommates. Most issues are simple to solve, Swarbrick says, including "differences in habits, like one person likes to go to bed early and the other likes to go to bed late."

In situations like this, students can go to their RAs for advice or for peer mediation. The RAs are taught how to peer mediate as well as many other things such as the protocol for dealing with alcohol or drug violations and even knowing their way around campus. However, sometimes differences between roommates are more serious. "If it's a physical safety issue, the student would be moved out immediately and placed in



Resident assistants are trained to help students relax and enjoy their dorm stay

temporary housing," says Swarbrick.

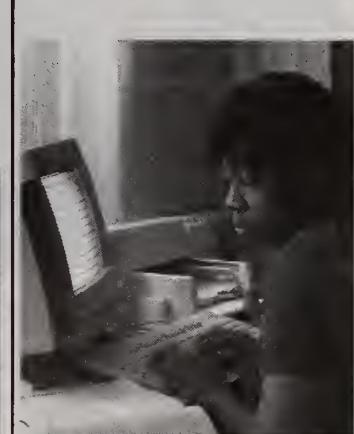
If the situation is not a threat to the students' health but they still wish to part ways, the next step is usually to speak with the building director to discuss his or her other options. They can be placed on a waiting list to move out. They can also switch rooms with someone else, if all parties agree. Of course, the student can always move off campus if he or she can't wait

for another alternative. This would mean forfeiting their deposit and also a percentage of the overall room and board fee.

Training for RAs takes place for two weeks in August preceding the beginning of the academic year. The RAs train for four to five days in a row in two-hour blocks with different people around campus. There is also a training session that takes place in January for six days

preceding the spring semester. When applying for the position of RA, a person must answer questions to determine their response to typical situations. The applicant must also submit three recommendations from people such as teachers and bosses. At least one recommendation must be from an RA, preferably an applicant's RA from a previous year.

The world is divided into people who think they are right
Anonymous



Print Services file photo
Smooth registration lets students get right back to their books

Students sign up for frustration

By Kristin Dunbar

Did you have trouble registering for this semester's classes? Did you have a hard time getting the classes you need? If so, you're not alone.

Last semester's registration period caused a lot of extra stress and frustration here at Fitchburg State, especially for Communications students. Enrollment of a large freshman class this fall caused most of the problems.

"I have two classes that I need to finish, and both of them are offered at the same time," says one Communications student. Fortunately, Dr. Robert Carr granted him an independent study to fulfill his final course requirements.

The problem in the Communications department in particular is, "We've maxed out," says Carr. "Too few faculty and too many students" are to blame.

The Communications Media department has six tracks: Film, Video, Graphic Design, Photo, Interactive Media, and Professional Communications. There are only 17 faculty members to teach the 575 students in the six tracks in the

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Tutor Center cuts through the confusion

By Jake Walsh

When final exams roll around, no office on the Fitchburg State College campus knows the stress of this chaotic week better than the Tutor Center. Hundreds of students flock to the Tutor Center every semester, seeking help

in understanding all the material that will be on their finals. The problem is, there are not enough tutors for everyone, and this can make the process of requesting a tutor an exhausting effort.

The Tutor Center offers one-on-one sessions for

any class they have a tutor for. In order to have a tutor for a given class, someone who has previously taken that class and passed with a grade of 4.0 must register to tutor its students. However, if there is no tutor for a certain course, arrangements can be made

for tutors proficient in similar classes to assist the students who need help. For example, Tania Arndt, a chemistry and biology tutor, helps students in the nursing major who don't have a tutor for their course. "We're usually able to find

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Bargain Down Bogus Book Bills



By Michael Comtois

Now that the semester's in full swing, you can probably think of a million uses for all that textbook money you shelled out.

And you probably don't want to hear, "I told you so." So instead of telling you what you should have done to keep some of that hard-earned cash, let me give you a few tips on what you can do next semester to break the cycle. Take notes:

1. Look for used books

The good thing about being a freshman is that you are on campus before most of the upperclassmen. You have the best shot at getting used books, which can sell at almost 50 percent off the new-textbook price. Yes, there may be some writing and highlighting in the books, but what's highlighted is usually the important stuff anyway, so it can be a time saver.

2. Browse online

Web sites like Half.com can offer deals even cheaper than used books. You can find paperback books instead of the hardcover versions, and a lot of the time find the paperbacks for more than 50 percent off the new textbook price.

The only drawback is having to wait for the book to get to you. When buying anything online, there are shipping choices you can make (overnight, two-day, regular), but there is no need to pay extra for overnight and two-day. Books are usually not needed the first day or two of class anyway.

3. Skip unnecessary books

Once I got through my first semester, I realized I wasn't using all the books that I was purchasing.

Sometimes the professors only used the text to supplement the material they talked about in class and never actually used it for homework assignments and projects. A lot of the time professors will list books that will help you out during the semester; they are listed under "recommended books" in the bookstore.

4. Find other students who already took your class

Thanks to websites like Facebook, Myspace and LiveJournal, this is now a lot easier than before. After students are done with a certain class and don't want to deal with getting a little money back from the bookstore, some of them will post the books they have on one of the above websites. With the large amount of communication that goes on through these websites it almost always happens to yield a response. So if you need one of the books listed don't hesitate to contact that person.

5. Ask your parents to help

Nobody wants to stoop down to this option, but then you find out your books cost \$500 for a semester and you realize there's not much choice.

When you make that call home to tell your parents that you miss them (sucking up before asking for money can never hurt) and how much you have to spend on books, mom and dad might feel bad and dish out a little cash to

help pay for them (or maybe even all of them).

6. Sell back all your books except those in your major

During the last week of the semester (finals week) the bookstore has a special section of the store where they will accept books back if they are being used again during the following semester. (Sometimes professors will use a different book for the next semester and the bookstore will not buy the book back from you; if this is the case you can put your book on Amazon.com or Half.com and sell it there).

But a lot of the elective classes will use the same books over and over for a couple of semesters so you can get a little extra cash back. You won't get back as much as you would if you did sell the book on Amazon or Half, but if you need cash quickly, this is the route to go. I try to keep my major books, though; they will be helpful down the road when you need to refer back to information from freshman year to guide you through a tougher course. If you purchase textbooks, be aware of the refund policy at your bookstore. Usually there is a date after which you cannot return a book for a refund.

If there is a sliding scale for refunds on returned books (meaning the bookstore will only buy back the amount needed for the class it is being used for next semester), the earlier you return a book, the greater your chance of a bigger refund.



It takes a true original like Arnold Winkelried to contribute to the Straight Dope Message Board.

Get the Straight Dope

By Rachel Bouffard

These days, there are Web sites for fans of just about anything. There are sites where people gather to discuss soap operas, sports teams, dieting advice, and even sexual fetishes. There are also Web sites made up of groups of people who just want to share knowledge. Cecil Adams publishes a syndicated column called the Straight Dope, as well as several "Straight Dope" books. Adams will give an informational answer to any question. "Cecil is the smartest person ever," says Nathan Rabinowitz, a member of the Straight Dope online message board.

"I can't help but wonder if he's a real person, he knows so much." The SDMB is immensely popular among fans of Adams' columns and books. There are nine forums on the board: one is limited to general questions, and another to debates. Its members are committed to learning the true facts. "Any time I doubt someone's information, all I have to say is, 'Cite, please,' and they do," Rabinowitz says. "It's awesome because people always have a way to

back up their information." And he's not the only one who asks for citations. It's actually a very common request on the message board, especially among the more information-based forums. Of course, there is also a forum dedicated to open discussions. This forum is called Mundane Pointless Stuff I Must Share, and is immensely popular. It is a way for the people who aren't experts about topics that come up frequently in the more intellectual forums to still come together.

The members of the SMDB are also very supportive of one another. They will post if there is something bad going on in their lives and other members flock to that thread to offer reassurance and assistance.

Members of the SDMB also enjoy getting together face to face at unofficial events they call Dopefests. There are over 60,000 members, ranging from high-school kids to adults in their 70s. One poster has even signed a contract to be a consultant with the TV show "Mythbusters," Rabinowitz said.

Ignorance is of a peculiar nature; once dispelled, it is impossible to reestablish it.

Thomas Paine, *The Rights of Man*

Student Athletes Poised to Win in Life

By Mike LaRoche

"This is no easy task," says Stephen Schofield, one of the senior captains of the Fitchburg State College ice hockey team.

Not everyone knows what it's like to be a college student-athlete. In fact, less than 10 percent of all high school athletes in the United States advance to play a college sport. Unlike regular students, the student-athlete has to balance academics, their respective sport and a social life. The members of the Fitchburg State Ice Hockey Team are no strangers to these demands. "Sometimes there is barely enough time to eat, never mind get some sleep, go to practice and still find time to study," said Fitchburg State senior Ryan Moore. "Once the season starts, we are lucky if we get three days out of the month to have some time to



ourselves, to do something fun. It's tough to stay focused, but I wouldn't trade it for the world."

The Fitchburg State Falcons have six three-hour practices a week, as well as 25 games spread over a four-month season. They must take a minimum of four classes and keep a 2.0 GPA in order to remain eligible. In the past, the team has lost players over

the semester break due to eligibility violations.

"That's probably the thing that hurts us the most," said senior Jason Ledo. "We have a good team before the break, and then we lose two or three guys because they can't make the grade. Some guys just lose focus of how important academics are. It's very hard to stay on top of things, and not everyone

is cut out for it."

This year, the Falcons have a solid core of returning players along with nine seniors. "The fact that we have nine seniors will definitely help us when it comes down to keeping everyone focused on school," said senior Greg Mailloux. "None of us want our season ruined because of grades. We all stress the importance of staying focused in the classroom and I don't think anyone will have any problems this year. We are a family and if anyone ever needs help with school, we are always there to back them up."

Players agreed the biggest problems occur during freshman year, when students have not yet figured out which parts of being a student-athlete are the most important.

"It's all about having your priorities straight," said junior Devon McConnell.

Senior Steve Carkin added, "Yeah, some of the guys on our team don't get the best grades, but that's not because they're dumb or don't try. It's that when you're young, away from home for the first time, and have so little time to socialize, schoolwork sometimes isn't the main focus."

The Falcons won the UBS Financial Tournament Championship for the third year in a row this past November. The first home game of the semester take place on Saturday, Jan. 20 at 2 p.m. against Western New England. With a current record of 8-2-6, they hope to continue their success this semester, both on the ice and in the classroom.

Sports do not build character. They reveal it.

Heywood Hale Broun

Photo Exhibit Focus: A World of Similarities

Photographs from Argentina and Ghana were recently seen at FSC's Hammond Art Gallery.

The exhibit was part of the Community Through Cameras project, which gives teens a chance to capture their communities through photography. Separated by thousands of miles or by just a few blocks, teen-agers from around the world have one thing in common, according to organizers: They are all trying to find their place in the world.

Unencumbered by preconceived notions of class, nationality or language, the young artists that participate in these collaborations see similarities, not differences, organizers say. They see their peers laughing, studying, and



struggling and to find their voice and share it with others. They seize the opportunities to develop group exhibitions

and share their creative voices through photography, digital imaging and mixed media.

Curated by Boston

Through Cameras brings the work of the young people outside in underserved areas to other artistic communities. Using new technologies expands the opportunities these young artists have beyond the classroom and into a global exchange with infinite possibilities.

The audience for these students' work is people who otherwise would have no knowledge of the lives these students lead, and more importantly have no idea how much they can contribute to the art world regardless of their social position.

By presenting the work of young artists living in Argentina and Ghana, the curators hope viewers will not just see their work, but learn to see with youthful eyes.

“Warcraft:” Weapon of Mass Distraction

By Stephen Berdos

Mark Maggio is an enthusiastic video gamer who isn't ashamed of his two-hour-a-day habit. A sophomore at Fitchburg State College, Maggio has been playing games for 15 years and sees them as a form of relaxation. Lately, his game of choice has been "World of Warcraft," an online PC game that immerses the player in a mythical world.

"It's an alternate reality," Maggio explains.

Maggio says "World of Warcraft" functions as a social outlet as well, providing a sense of community based on a common interest. "You can talk to people in the game and you can join permanent groups with other players, called Guilds," Maggio says. "Guilds are teams. Everyone helps each other through the game. You explore together and fight mythological creatures together. Guilds range from 30 people to 300 people."

Parent-Teacher associations



have tended to take a more negative view of video games, especially since the Columbine school shooting. They say the games are too violent for impressionable children.

Maggio agrees that they have the potential to influence kids negatively, but says that they shouldn't be a problem if

they're utilized properly. "It's the responsibility of parents to control how often their kids play video games," Maggio says. "I'm speaking from a gamer's perspective, so I'm biased on the subject. There are plenty of positive things to draw from video games. They all promote competition and even

determination on some level, since most games take hours to complete."

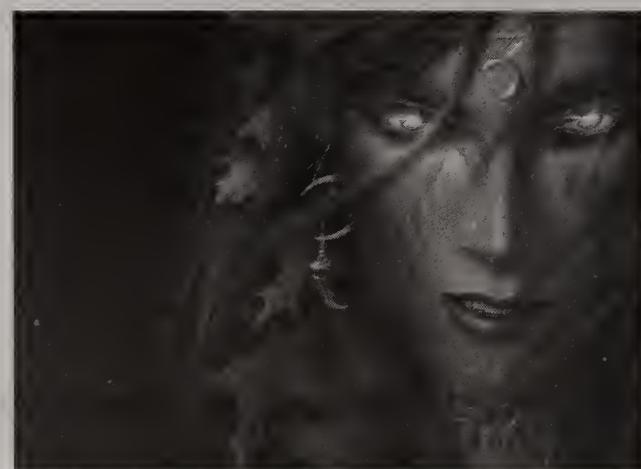
Maggio's enthusiasm for "Warcraft" has been the basis for several friendships on campus. "My brother plays, my best friend plays, and I even met three or four people on campus who will play with me," Maggio said.

Maggio continued, "I'll be playing 'Warcraft' for a long time for several reasons; the game never ends and there's always something to do within the game. More

importantly, the company that makes 'Warcraft' frequently releases expansion packs for the game. These expansion packs add more levels to the game, create new options for creating characters, and generally attract more people to the game itself."

"Warcraft" is more than a video game to Maggio. It's a cathartic escape from the grueling reality of midterms and final papers.

Some people do yoga and put together scrapbooks. Mark Maggio plays video games.



Tasty Tiki Tiki

By George Cook

For those times when the usual cafeteria food just won't satisfy your hunger, there is always the option to order out. But what? What do you feel like eating? How much cash do you have on hand? How late is it, and is the place still open?

Well, I know one place that stays open late, is cheap enough for a college student, and has food that tastes good. The place is Tiki Tiki: Chinese Restaurant.

Tiki Tiki is conveniently located at 355 Main St. in Fitchburg, and has good food at a good price. The best thing about it, though, is its Specialty Plates.

The most common of these specialty plates are the combos named after the different Fitchburg State

College campus halls, including Russell, Herlihy and Mara. The Aubuchon combo is my personal favorite. It consists of chicken fingers, beef teriyaki, and boneless ribs in addition to the pork-fried rice that is served with every specialty plate, all for the low fee of \$6.60. There is a Specialty Plate Q13 with the pork fried rice, crab Rangoon, and chicken fingers for only \$4.25. Specialty plates are good for those who want something that a group order does not want.

Since it is a Chinese Restaurant, Tiki Tiki has appetizers like chicken fingers, beef teriyaki, boneless ribs, crab Rangoon, fried wontons, egg rolls, and spring rolls. For those who want a little of everything, the pu pu platter is fine, but it's

pricey for a college student. What Chinese restaurant wouldn't have an array of rice? Tiki Tiki offers steamed (white), vegetable fried, roasted pork, chicken fried, shrimp fried, and lobster fried. Both the lobster and shrimp may be pricey for college students. Their noodle, chicken, beef, pork, soups, seafood, chow mein or chop suey, egg foo young, vegetables, specialty platters, selection and chef's specialties taste good and are big portions, but that is because the consumer is paying more for one item than a combo. If one were to get one item off the menu and a rice, say for example ordering a small chicken and broccoli for \$4.75 and a small pork fried rice for \$3.50, for a grand total of \$8.25, without tax and delivery fee. Now compared with

a combo, which provides an ample amount of food enough to fill a typical college student, the one-item-and-rice plan is not cost-effective for a meal, and the excess would need to be refrigerated or consumed by someone else.

Tiki Tiki even has a Caribbean corner with plates priced at \$5.95 for a plate of beef stew, avocado, rice and beans. Or how about a plate-roasted pork, sweet plantain, rice and bean?

Or maybe a Caribbean pu pu platter consisting of potato meatball, beef turnovers, cheese in sweet corn, alcapurrias, Spanish teriyaki pork chop, and fried plantains for \$16.95? On a college budget, I would probably not get the Caribbean pu pu platter because it would be too expensive and too much

food.

Tiki Tiki is a good choice for college students who need a change of pace from the daily repetition of cafeteria food. It's a good place to fill the stomach without emptying the wallet.

Hours of operation are Monday through Thursday 11 a.m.-12:30 a.m., Friday and Saturday 11 a.m.-1:30 a.m., Sunday 11:30 a.m.-12:30 a.m. Tiki Tiki accepts Visa, MasterCard, American Express and Discover but no personal checks.

A wonderful bird is the pelican,
His bill will hold more than his belican.
He can take in his beak
Food enough for a week,
But I'm damned if I see how the helican.

D.L. Merritt, *The Pelican*

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and how to make sure you don't, is invaluable when you only have a few days to get away. "It can be hard to get around in a new city," says Calabrese, "if you only have a couple of days, you don't want to spend them trying to figure out what to do or how to get everywhere. When I check in, I find a staffer and pick their brain. You can get to know the area fast and you can get more in your day." Most hostels will have plenty of information on their area's attractions, nightlife, public transportation, and the like. Hostels will also organize

parties and events to entertain their guests and bring travelers together.

Staying in hostels also provides a traveler with an intercultural experience unique to the hostel culture. "Most hostellers aren't from the US," says Maria Argyropoulos, Director of Operations for USA Hostels, Inc., the biggest independent hostel company in North America. "Most of our guests are from the UK, Australia, and Japan, but we literally

have travelers from all over the world, and our staff is primarily international."

Many guests make quick friends while at hostels and



stay in touch by email or through myspace.com. "I met my fiancé at a hostel. He's from Norway, and I'm from Jersey," says Calabrese, "we kept in touch for five months after back at home, and then I went to visit him in Oslo. He came back to New York with me, and we're getting married in June. So, yeah, I guess it pretty much changed my whole life." To find hostels, visit <http://www.hostels.com>, <http://www.hostelworld.com>, or <http://www.bootsnall.com> just to name a few. Information on USA Hostels and their staff and locations can be found at <http://www.usahostels.com>.



Many hostels offer internet kiosks

Lamentably Low Lyrics

By Laura Crawford

The black-and-white label "Parental Advisory: Explicit Content" is featured in the left-hand corner of Damien Rice's new CD "9," signaling his membership in the category of artists who resort to nothing better than screaming four-letter words.

This Irish singer/songwriter is known for the emotional and evocative content of his songs. However, in this new album he chose to have explicit lyrics on almost every track, assaulting the ears to the point of annoyance and exhaustion.

"Rootless Tree," one of the best-known tracks,



is unfortunately not known for the beautiful poetic language that had characterized many of the songs on his critically acclaimed 2002 album "O." Instead it's known for its chorus of "F--- you," which is repeated and clearly distinguished in octaves higher than the rest of the song, Aside from the foul

language, which can be found on almost every song, the detestable arrangement of music varies from tones that can hardly be heard to the screaming of unintelligible words against noisy guitars, like in "Me, My Yoke, and I." Rice begins each song with these inaudible whispers, murmuring in octaves that can barely be heard by the human ear.

Hence, ye profane!
I hate ye all,
Both the great vulgar and
the small.
Horace, Book III, Ode 1

In certain...circumstances, profanity furnishes a relief denied even to prayer.
Mark Twain

Penny Wars

By Sarah Armstrong

Late last semester, a war was waged in Hammond's G-Lobby. The fight was against homelessness, and the weapons were made of copper, nickel, and zinc. The event, the annual Penny Wars, raised a total of \$159.23. "All of the money is going to Our Father's House, and a few representatives from Herlihy, the winning building, will be presenting the money to Judy Egan, the director of the shelter," said Kacia Kriener, the Campus Organizer for the Massachusetts Public Interest Research Group.

In Fitchburg State's Penny Wars, the teams were the individual residence halls, the Townhouses, and the commuters. Each penny was worth one positive point, while all other money was negative. "So, if you live in Mara and want your residence hall to win, you throw in 25 pennies," said Kriener. "Someone in Aubuchon will come along and see that there

are a lot of pennies in Mara's, so [they] will throw in a quarter to bring the amount back to zero." Due to this rule, most of the money was raised by making sure that the other teams were losing.

First place went to Herlihy Hall with -1,192 points. In second place was Cedar House with -1,221, then Mara Village with -1,316, the Townhouses with -1,799, Aubuchon Hall with -2,200, the Commuters with -2,893, and in last place was Russell Towers with -3,006. Herlihy and Cedar were the halls with the fewest pennies in their containers, 43 and 19, respectively.

MASSPIRG will hold many events over the course of the year. "MASSPIRG works on environmental issues, higher education, and Hunger and Homelessness," said Kriener. Last semester, they held the "Hunger and Homelessness Awareness Panel" and also hosted a showing of "An Inconvenient Truth."

"I applied for the job because I wanted to make a positive difference," added Kriener.

Win an iPod!

The Gallucci-Cirio Library will be conducting an online Library Quality Survey from April 1st through the 21st. Donate 10 minutes for a chance to win a 1GB iPod Shuffle by

completing the LibQUAL survey at, www.fsc.edu/library. You can also stop by the mobile survey center which will be located around campus – watch for upcoming information about where and when.

Gallucci-Cirio Library Renewals

By Computer:

1. Go to www.fsc.edu/library.
2. Click on Library Catalog
3. Click "YourLibraryRecord"
4. Enter the numbers below the barcode on your OneCard. There should be nine numbers. If your card has less, add zeros to the beginning of the number.
5. Click submit
6. Scroll down to see the books you have checked out
7. Click the box next to those to renew
8. Click "Renew Items" Call 978 665-3063 if you have problems.

In Person:

Come to the Library's Circulation Desk and request it from the staff or student assistant.

By Phone:

Dial 978 665-3603 (or 3603 if using a campus phone) and explain that you want to renew your books.

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some sort of similar ground and work from there," says Arndt. "If something is still confusing we'll seek out help together. This is great for me because it's a learning experience," she explained.

According to Arndt, a major problem of the Tutor Center is that students often try coming to the office too late in the semester. "If you suspect that you'll have a hard time with a course you should come see us in the beginning of the semester," she says. "Then if you don't end up needing our help you can just tell us you're doing well enough on your own and we can move on to another student."

According to the Tutor Center, too many students wait until they are already in trouble. "When a large number of students come to us halfway through the semester and all the tutors are taken; that's when we have to turn people away,"

explained Arndt.

What many don't think of is the process involved in pairing a student and tutor. "Several meetings take place between the student, tutor, and the ladies who work in the tutor center before a student is assigned a tutor," says Arndt. "It can take weeks of juggling schedules before I'm able to meet with some students."

Students who visit the Tutor Center almost always report greater comprehension and better grades. "I signed up to meet with a tutor for my genetics class and I'm glad I did," said Pete Tuffs. "We met once a week and went over the chapters the instructor covered that week. It definitely helped me to go through the material with someone who had already taken the class."

"As a visual learner, math is difficult for me when it's taught as a lecture," explained Julie Shields,

a student who was tutored for her informal geometry class. "My tutor explained things in ways my professor was unable to. Being exposed to the material using two different teaching methods allowed me to fully understand what was going on."

"Anyone who is interested in becoming a tutor should come by the office and ask for information," says Arndt. "You do get paid for the time you spend with tutees and as an added benefit I can say you definitely retain more of the information from the courses you've taken. As the saying goes, use it or lose it."

The tutor center is on the third floor of the Hammond Building. A student is able to spend up to 14 hours per semester meeting with an assigned tutor. Students with disabilities and students from Expanding Horizons and the ACCESS program are allowed unlimited tutoring.

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program.

The Communications department has been interviewing and evaluating candidates for faculty positions for a number of semesters, but finding a person who is fully qualified for a position, in addition to having the attitude and personality necessary to teach in the program, is a difficult and lengthy process. "My job was open for three years before I was hired," says Carr.

Students enrolled in the Communications Media major increased from 450 in 2004 to 575 this year. The increase in admission of freshmen grew the student population in the department over 25 percent in the past two years. The larger number of students in the department makes registering for classes more difficult because it creates a greater demand for the 16 seats in each of the classes.

"We can't increase the number of students in each class because, as it is, it dilutes the amount of attention we can give to each student," says Carr. "Some courses cannot be taught effectively" in large-class format, says Brian Scholten, Fitchburg State's Registrar. In addition, "Classrooms can only seat so many people due to state fire laws," says Scholten.

This past registration period, "Few students were registered for closed classes because we received a red card authorizing us to register them anyway," says Scholten.

The Registrar's office staff has meetings before and after the registration period to decide what can be done to improve it. They use "feedback from department

chairs, faculty, deans, and other administrators to make improvements," says Scholten. Despite the issues some students face, "We typically register about 90 percent of all currently enrolled students during the first week of registration," says Scholten.

Students can do several things to make registration smoother. First, students should review their registration status and run a degree evaluation using Web4 to know the degree requirements.

Next, students should be "meeting with their advisors to discuss their course schedule for the next semester," Scholten said. They need to "be sure to get answers to all of their questions early on, and not wait until it's time to graduate to try to fix issues they may have."

Finally, students can get involved in the Student Advisory Group, created by and for the Registrar's office, which meets twice each semester to discuss registration. They give feedback to the Registrar's office to improve the services offered.

"Faculty can help by working with students to advise them in advance of the college's advising period three weeks prior to registration," says Scholten. Scholten believes that registration should be done year-round and not just focused on a few weeks out of the year.

He encourages "students and faculty alike to run a degree evaluation AFTER they register for classes." Double -checking the evaluation can catch any problems with degree requirements while classes are still open and help students effectively plan for the next registration period.

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second team: Senior Guard/Forward Jen Fontaine, Sophomore Forward Steph Payette, and Freshman Guard Krystle O'Brien.

O'Brien (10.2 points and 3.67 assists per game in conference play) was named Rookie of the Year to complete a sweep of the top MASCAC awards. The FSC Women's basketball team went 26-3 (.897) overall with an 11-1 (.917) conference record. After losing the first game of the

season, the Falcons found their wings, running up a 23-game winning streak. They also won their first-ever NCAA Tournament game before bowing out in the second round. They had earned an automatic invitation with convincing wins in the MASCAC tourney at season's end to win that competition for the first time ever.

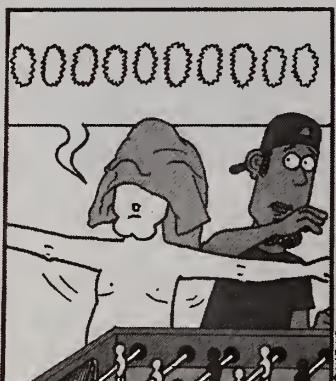
You've got to win in sports--that's talent--but you've also got to learn how to remind everybody how you did win, and how often. That comes with experience.

Billie Jean King

by phil flickinger (www.l-e-x.com)



Photo courtesy Richard Orr Sports, Inc.
MASCAC Player of the Year
D'Yana Delpero

LEX

TeenAIDS

by Mark Lawton

"Every hour, two American teens are infected with HIV," according to the U.S. Centers for Disease Control. And even more astonishing, "many sexually active youth who are infected don't know it." It is time to acknowledge a disease that has been spreading since its discovery 25 years ago. On December 2, Fitchburg State College, in association with TeenAIDS-PeerCorps, hosted the first-ever Worldwide Webcast for teens on HIV/AIDS prevention.



What should be emphasized about this event is the fact that Internet history was made not only for Fitchburg State College, but also for the world of webcasting. The interviews and activities were downloaded as if it were a free television show. By having the Worldwide Webcast, teens from around the globe can be educated from the comfort of their own home, or in the case of less developed countries, places like cyber cafes. "This unique internet event," sites Chittick, "is the prototype of how youth will be educated on a global scale from the grassroots up." The buzz of excitement was all over the headquarters of TeenAIDS for days before the two day event when as many as fifteen students crowded into the basement offices. The creator of the internationally known TeenAIDS-PeerCorps, Dr. John Chittick (Ed. D., Harvard), has traveled

around the world on his signature Global AIDS walks, which have spanned 76 countries and 23 states since the non-profit organization began in 1997. This prominent organization for teens was originally headquartered in Boston, and now has its offices on Ross Street in Fitchburg, just above the campus.

"I've walked the talk, literally," Chittick said. "Now we are using the power of the internet to bring this humanitarian health mission to millions of vulnerable youth. Youth today are Internet savvy and rely on the medium for their information and

communication. AIDS is one subject important to many of them." Fitchburg State helped sponsor the all-day TeenAIDS Conference in Kent Recital Hall. Bringing together hundreds of area high school youth for live training and the Webcast was a big success. MTV International also helped to promote the Webcast through its "Staying Alive" media campaign. President Robert Antonucci said, "The World AIDS Day was an excellent opportunity for Fitchburg State to "raise the consciousnesses of

More than 40 million people are living with AIDS globally.

people concerning AIDS [and] should be seen as the foundation to build future educational and awareness initiatives." Antonucci made Kent available to Chittick's group, and Rick McCluskey handled the

operations. TeenAIDS-PeerCorps is not solely the work of one man, however. "It would have been very difficult to run this operation without

technical helpers included major assistance from Fitchburg State students Jim McNamara, Tony Wareck and Jonathan Mangsen.



the tremendous effort from Fitchburg State College," commented Chittick. "I've been totally impressed with the caliber of the students." Chittick then ran down the list of past and present Fitchburg State interns and field study people who had lent a hand at TeenAIDS.

Help came from Communications, English, Psychology and Nursing majors, and from some in the Greek community. Shane Franzen, Interim Director of the Student Association helped, as did students Victoria Hall, Jessie Read, Christen Touchette, Lindsay Bradway, Eric Rubera, Sarah Hovagiminian, Jeremy Davis, Kevin Latina, Laura Connor, Amber Taylor, Hung Trieu, and Tracey Whiteley. Coelyn McIninch handled the design of the flyers and Lauren Davieau helped with photography. Fitchburg State's own Headless Hero played to great applause. In the recent past, Kevin Pelletier and Brandy Bingham also helped.

Communications major Jared Creighton was in charge of the technical aspects of the first Worldwide Webcast. "What I'm getting out of this is an experience that no classroom could teach." He added, "I came to TeenAIDS for my senior internship and learned all about interactive webcasts, satellite TV uplink to 140 nations, and producing a live event." Jared's team of

censored at times by governments and parents who think that the subject of AIDS and the sexual transmission of HIV might scare their teens, or may be too sensitive and mature in content.

Dr. Chittick's interest in AIDS was sparked around the time the disease was discovered in the early 1980s. "I had friends whom I found out were infected and it surprised me, for they didn't fit the stereotype of AIDS victims." He added that all sexually-active students must pay attention to the warnings because "HIV is

About three million people around the world die of AIDS annually

present among them." For students interested in being part of this international effort while in Fitchburg, TeenAIDS offers internships and field studies.

TeenAIDS can be phoned at 978-665-9383. The webcast can be accessed at www.teen aids.org.

Student Van Shuttle Schedule

Sun 1:00, 4:00, 7:00 PM

Fitchburg Loop 4:00-7:00 & Service from Fitchburg MBTA Stop

Monday and Wednesday 3:00-9:00 PM

Twin City Plaza, BJ's on Erdman Way, Marshall's Plaza, Water Tower Plaza, The Mall at Whitney Field, Target

Tuesday and Thursday 3:00-9:00

WalMart, Central Plaza, John Fitch Hwy, Market Basket, Blockbuster, Elliot Field, Wallace Civic Center

Friday 12:30-4:30

WalMart, Central Plaza, John Fitch Hwy, Market Basket, Blockbuster, Elliot Field, Wallace Civic Center
MBTA dropoff 1:00 & 3:00

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The Point

March 30, 2007

FALCONS WIN FIRST-EVER TOURNEY GAME

NCAA Tournament Round One March 3, 2007
Fitchburg State College 79, Norwich University 60

GORHAM, Maine — Sophomore Steph Payette (Townsend, Mass.) scored 18 points to lead four players in double figures as the Fitchburg State College Falcons defeated Norwich University Cadets 79-60 in a first-round game of the NCAA Division III Women's Basketball Tournament Saturday afternoon. The game was played at the Warren Hill Gymnasium on the campus of the University of Southern Maine. Fitchburg State, making its first-ever appearance in the NCAA tournament, moved into a second-round game against Southern Maine. Fitchburg State improved

its record to 26-2. Payette converted 7 of 11 shots from the field and all four free throws to account for 18 points. She also grabbed eight rebounds. Other Falcons in double figures



Jen Fontaine

were senior Jen Fontaine (Dracut, Mass.) with 16 points, junior Diana Doyle (Springfield, Mass.) with 13, and senior D'yana Delpero (Peabody, Mass.) with 10. Fontaine shared game-high rebounding honors with Norwich junior Caitlin Bailey (Barre, Vt.) as each had nine boards. Fontaine also passed off three assists and made four steals. Senior Kristi Powlovich (Jericho, Vt.) led the Cadets with 15 points. Senior Sarah Chap (Stockbridge, Vt.) added 14 and freshman Natalie Marchese (Rutland, Vt.) chipped in 13. Tied at 9-9 seven minutes into the game, Fitchburg State

used a 13-2 run over a five-minute span to take control. Freshman Michelle Ridge (Milton, Mass.) ignited the run with a basket, followed by four straight points from Payette. After a basket by Chap, Payette scored another four points, and Delpero capped off the stretch with a three-pointer to give the Falcons a 22-11 advantage. The Falcons increased the lead to as many as 15 before the Cadets went on an 8-2 spurt to close within nine (30-21) on a bucket by Powlovich. The Falcons responded over the final four minutes to take a 37-25 lead into the locker room. A 12-2 Fitchburg State run early in

the second half expanded the margin to 56-32. Ridge sparked the run with a three-pointer, and Fontaine finished the surge with another three. Norwich clawed back to within 15 with 9:12 to play on the heels of an 11-2 run, but got no closer than 14 over the final nine minutes. Fitchburg State finished the game shooting 41.7 percent (28 of 67) from the field, including 32 percent (8 for 25) from beyond the three-point arc, and converted 15 of 16 free throws. Norwich shot 39.7 percent (23 of 58), but was hurt by 25 turnovers. Norwich finished its season at 24-4.

-M. Placido

Hostel Environment

By Danielle Van Ness
Work. Classes.

Relationships. Everybody deserves a vacation, but getting away requires two things college students aren't know for having a lot of: time and money. Staying in hostels while you travel can help you make the most of both. With the average price of a hotel room up over the \$100 mark, even a mini-break can turn into a big investment. Pile on the cost of eating out three meals a day, transportation, and entertainment, and your bank account is going to take quite a hit for your few days of freedom. Renting a bed in a hostel instead of a room in a hotel is a sure way to keep more than a few presidents in your wallet on your next trip. "In New York, a decent hotel is at least

\$150 a night, I can stay a week at a hostel for that," says Dana Calabrese, a 27 year old from New Jersey who has been hostelling for over three years. "I wish I'd discovered them sooner. They're cheap and you meet people from all over that you'd never meet staying in a hotel."

Prices of hostels in the US vary from city to city, with some renting beds for as little as \$10-\$15 a night in rural or off-season areas to others in major cities going for \$25-\$40 a night, but the price isn't the only way a hostel can help you stretch your travel dollar. Hostels typically provide guests with a fully functional kitchen complete with wares and utensils that all can use to prepare meals. Even for the most budget conscience travelers, keeping dining

costs down to \$40 a day in restaurants would be a challenge. Having a kitchen at your disposal allows you to spend the same amount on food that you would if you were at home. "You can go out to eat, but you don't have to," says Montel O'Flannery, a 19 year old from Ohio who just began staying in hostels this year. "You can spend money going out once, or you can get groceries and eat, like, two or three times." When asked what they were saving, current guests at the USA Hostel in Hollywood, California, estimated that they were likely shaving at least \$20 a day off of their food budget by eating most meals in the hostel kitchen, rather than in the pricey area restaurants. Many hostels have established relationships in their communities and are

able to offer discounts to popular parks, clubs, and tourist spots. A number of hostels also offer organized tours at very reasonable rates exclusively for their guests. In addition, hostels typically rent recreational equipment to guests for low-to-no charge, alleviating the need to pack or purchase extra items. "A lot of people come here for the beaches," Says Kelley, a receptionist at a downtown San Diego hostel, "we have everything from bikes to snorkels and surfboards. Most things the guest just leaves a deposit for and they get the deposit back when they return it." To many travelers, money isn't the only motivating factor in picking hostels over traditional accommodations. Knowing what can't be missed in a city [SEE HOSTEL/page 5](#)

MASCAC, NCAA Honor FSC Hoopsters

The Women's Basketball Coaches Association named FSC's Walter Paschal its NCAA Division III Region 1



Coach Walter Paschal

Coach of the Year. Paschal is also the Massachusetts State College Athletic Conference (MASCAC) Coach of the Year.

Senior Guard D'Yana Delpero, who averaged 17.9 points per game, was named MASCAC Player of the Year and was named to the All-MASCAC first team.

Three other FSC players were named to the All-MASCAC [SEE MASCAC/page 6](#)